

'For my mom'

For MoniQue 'Mo' Miller, graduation means more than a diploma

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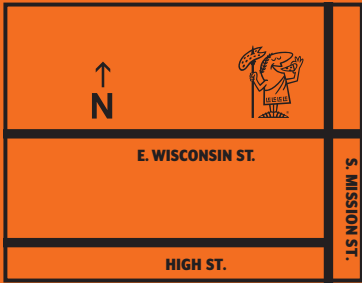
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Ella Miller | Staff photographer

The CMU Dance Team performs at the CMU Pep Rally/Kickin' it with the VPSA Friday, Sept. 8, outside Kulhavi Events Center Plaza. The team danced to the song Barbie World by Ice Spice and Nicki Minaj.

Aurora Rael Staff photographer

ON THE COVER: Monique 'Mo' Miller (left) hugs her mother, Diane Miller, following a special graduation ceremony on April 14, 2023, in Medilodge of Mount Pleasant.

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This is as real as it gets

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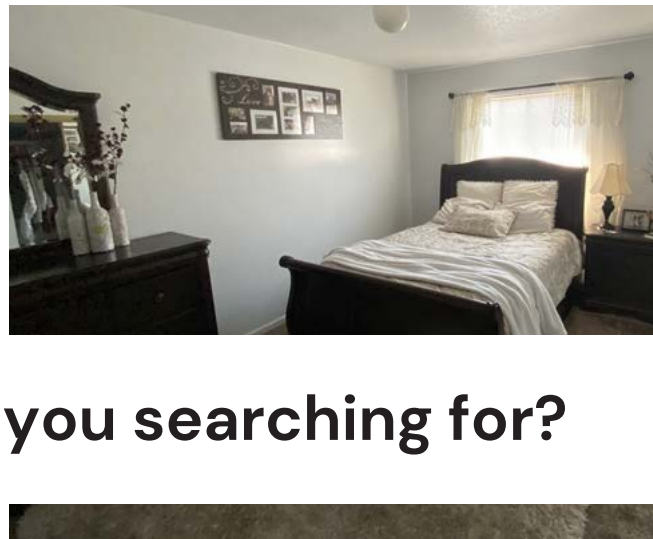
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More on Mo

Hear more of MoniQue "Mo" Miller's inspiring story of strength and perseverance at cm-life.com.

**PODCAST New guides for 'Roadmap'**

CM Life's international student podcast "Roadmap to CMU" returns with new voices, new perspectives and plenty of advice for new arrivals.



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'She never gave up'

Story and photos by Aurora Rae
Staff reporter

Bittersweet smiles filled the lounge in Medilodge of Mount Pleasant, a local nursing home, as first-generation student MoniQue “Mo” Miller accepted her diploma from Central Michigan University President Bob Davies. An intimate audience made of professors, colleagues and family filled the silence with clapping and cheers.

Feet away on her right, Mo’s mom, Diane Miller, beamed with pure euphoria.

Mo’s non-traditional graduation ceremony took place on April 14, about 10 months before her official December 2023 commencement, to ensure Diane, who is currently in end-stage hospice care, could witness her daughter’s greatest achievement so far.

“Getting my diploma ... means my mom’s getting her diploma too,” Mo said.

Mo is the first generation in her family working to obtain a college degree but with multiple campus jobs and a full-time course load, the soon-to-be graduate is fighting a battle that is oftentimes hidden by her work ethic.

Despite the uncertainty and emotional toll losing her only parent takes on Mo every day, she said she is doing it all for her mom.

“For me to cross that stage, it’s like she’s crossing it with me,” she said.

Diane said it means a lot to see her daughter accomplish her goals.

“I’m glad she was determined and persistent in reaching her goal. And that in spite of complications that she ran into, she never gave up,” Diane said. “I’m just thankful that she kept fighting.”

‘My childhood was pretty much gone after 7’

Mo said she had to grow up at a very young age after her mom first became ill. Mo was around seven years old when Diane had her first major medical scare — kidney failure.

“It’s been nothing but fear ever since I was a kid,” Mo said. “Ever since then I just kind of had to step up to help her out.”

Diane lost three children, leaving Mo and her younger brother as the only living kin.



MoniQue “Mo” Miller (center) smiles as friends, family and colleagues, including Central Michigan University President Bob Davies (left) and her biggest supporter, her mom, Diane (right) cheer during a special graduation ceremony on April 14, 2023, in Medilodge of Mount Pleasant, Mich.

At less than 10 years old, Mo became the oldest sibling in the house.

“I kind of had to raise my brother,” she said.

Mo said she felt resentment toward her brother and eventually, her mom too, which she worked through in therapy.

“I didn’t have my dad and then the only other parent I had is sick and I’m taking care of them, so I didn’t have a normal childhood experience ... I know no person in their right mind would wish to be sick, but it still was like, ‘Dang it sucks to have to be in this experience,’” she said. “I never felt necessarily safe or protected, which is another reason why I think I also felt resentment to not feel that protection or normalcy.”

Fighting for her mom

In 2021 — at the age of 23 — Mo became her mom’s legal guardian.

“No one’s going to fight for my mom like I will,” she said. “So, I said yes.”

In that role, she attends her mom’s doctor visits and makes all of her medical decisions. The only choice she has not made, she said, was her mom being put in hospice because “either way (the doctors) felt like she would pass.”

Mo visits her mom at least once each week but said it can be hard sometimes.

“Sometimes she imagines things that aren’t real,” she said. “She imagines real memories. Sometimes she’ll relive my rape story and she’ll call me frantic and telling me it’s happening to me. ... So, I have to relive that ... whenever she relives it.”

Mo said she has had to work through a lot of guilt for, at times, not wanting to visit or talk to her mom. But it does not stop her from picking up the phone every time she gets a call.

“Every time they call me for her, my heart drops,” she said. “Every single time, because I think they’re telling me, ‘this is it.’”

“I am exhausted the majority of the time,

thinking about how things are going to end up.”

Mo grew up in Chicago’s “church life” — her mom was a choir director, and her grandfather and uncles were pastors — but Mo said she questions her religious beliefs because of her mom’s life experience.

A lifetime of love and support

Diane has battled illness for most of Mo’s life, but nonetheless has been her daughter’s biggest cheerleader through all her ups and downs. Mo said Diane is supportive of her in ways her mom did not have growing up.

“She’s sacrificed a lot to get me to where I am,” she said. “She’s always believed in every idea I’ve ever had, supported every decision I’ve ever made and been proud of me.”

During this hard time in Mo’s life, she said she has received ample support from loved ones, including her grandma, cousin,



Michyah Jones (right) kisses and hugs her Sigma Lambda Gamma sorority 'mom', MoniQue "Mo" Miller, after receiving boxes of gifts honoring Jones' recent induction into the organization.

social work professors and her sorority family, namely her "daughter" Michyah Jones.

One thing she has noticed, though, is people who are unaware of what she is dealing with do not often enough extend grace.

"You never know what people are going through and what's going to be their final straw," she said. "My own mental health is not good because of everything I endure with my mom and to experience people not being supportive does not make it any better."

Giving back

Mo said her lived experiences have shaped her into the person she is today — a person that wants to make it better for others.

"Pain has been such a frequency in my

life, I knew I always wanted to give back and make people smile," she said. "I didn't want to be a statistic, I didn't want to be a stereotype; I wanted to make my mom proud."

As a result, Mo has been extremely involved in her time at CMU. She has worked in a variety of roles with the following organizations, departments and offices:

- CMU IMPACT
- Women's Initiative of Strength Hope
- Anti-Racism Committee
- Mental Health Alliance
- Feminist Leaders on Campus
- Student Social Work Association
- Sigma Lambda Gamma National Sorority Inc.
- Office of Institutional Diversity Equity and Inclusion
- Office of LGBTQIA
- Gender Equity Programs



MoniQue "Mo" Miller rests her hand on her grad cap on her mom's head during a special graduation ceremony on April 14, 2023 in Medilodge of Mount Pleasant. Mo's mom, Diane, was diagnosed with dementia three years ago and is now in end-stage hospice care. Mo, who will officially cross the stage in December, is unsure if her mom will live to see it. With the help of her boss and mentor, Dr. Nikita Murry, Mo received an early graduation ceremony in which CMU President Bob Davies presented Miller with a diploma.

- McNairs Scholar Program
- Black Inclusion Rights Association
- Organization of Black Leaders
- Organization for Black Unity Fashion Show
- Threads Fashion Show
- MASS Office

Mo was recently awarded a McNair Scholarship, a federally funded program through the U.S. Department of Education created to support low-income, first-generation or underrepresented college students on their path to earning a Ph.D., according to Central Michigan University's website.

She said the program offers her support and guidance as she applies to graduate schools, something she did not have when first applying to college.

"I had no support in undergrad," she said. "Even though my mom tried to be there as much as possible, the Free Application for Federal Student Aid (FAFSA) confused us every year."

"(McNair) just gives you that support so that way when you go to grad school, you know how to make connections, you know how to look for fellowships or GA-ships, different things like that," she continued. "It affords me opportunities to network, as well as have mentors."

This summer, Mo studied ways to provide support for minorities seeking job opportunities.

"A lot of times being in a rural area like

this, you find people that are close-minded, or they read an article on Twitter and think that was their activism or wokeness," she said. "So, now we're basically just trying to find a way to support interns when they're in the field."

Mo plans to graduate in December with a Bachelor of Social Work and double minor in youth studies and psychology.

"That's why I'm in this field, to be the change I want to see," she said.

After, she will work toward a Master of Social Work and someday, she aims to earn a Ph.D. in social work or public policy.

"I'm striving to be Dr. Mo," she said.

Long-term, she is interested in studying the experiences of Black and brown LGBTQ people.

"It became more of a thing, as I had cousins who would come out and family members who would disown them," she said.

These experiences have fueled her to want to do something about injustices she sees in Black and brown LGBT communities, she said.

"If you see something in this world that you could fix, why wouldn't you try?" she said.

That's why I'm in (social work), to be the change I want to see. ... If you see something in this world that you could fix, why wouldn't you try?

MoniQue 'Mo' Miller

Central Michigan University senior and McNair Scholar



To see this story in motion, visit WWW.CM-LIFE.COM

'Abortion is health care'

By Renae King and Niharika Nidadavolu
Staff Reporters

In Michigan, a pivotal legislative proposal has taken center stage with the unveiling of the Reproductive Health Care Act. This bill seeks to unravel longstanding laws that have placed restrictions on access to reproductive health care services, particularly abortion, within the state.

The Reproductive Health Care Act was introduced in the Michigan House on Sept. 6, 2023. The bill is the next step in the state's plan to ensure abortion access to all.

American Civil Liberties Union (ACLU) of Michigan Legislative Director Merissa Kovach said this bill is to protect and prioritize the health of Michiganders.

"With the introduction of the Reproductive Health Act, Michigan is poised to repeal dozens of these medically unnecessary laws that have nothing to do with health care, and everything to do with politics ..." Kovach said. "The voters have mandated lawmakers to protect their right to abortion. Now is the time for our elected leaders to see this through."

History of the Reproductive Health Act

On June 24, 2022, the United States Supreme Court overturned *Roe v. Wade* – the decades long precedent allowing abortions through people's fundamental right to privacy under the 14th Amendment. The new ruling, *Dobbs v. Jackson*, instead leaves abortion regulations up to states to determine.

Last November, Michiganders voted on Ballot Proposal 22-3, which established the right to reproductive freedom and the right to seek an abortion under the Michigan Constitution. According to the Office of Secretary of State Jocelyn Benson, the proposal passed by 56% of voters.

Despite this, many pre-existing

abortion restrictions continue to block women from accessing reproductive healthcare in the state such as 24-hour waiting periods for patients and building requirements for abortion facilities.

According to the ACLU of Michigan, the Reproductive Health Act would repeal many of these restrictions, such as laws that force patients seeking abortion services to delay their care and rules that shut down clinics.

The health act would also allow properly trained practice clinicians to provide abortion care and work to prevent criminal punishments for miscarriages and stillbirths.

Under the health act, private insurance companies would be allowed to include coverage for all pregnancy-related health care needs, including abortion. Medicaid would also be allowed to cover all pregnancy-related health care, which involves abortion services.

Where do both sides stand?

Governor Gretchen Whitmer expressed her support of the bill package during her "What's Next Address" on Aug. 30.

"Slaying our zombie laws was great, but there are still other bad laws that put politically motivated, medically unnecessary restrictions on abortion," she said. "With a U.S. Supreme Court stripping away basic rights, we must be proactive about repealing these antiquated state laws."

On the other hand, opponents of the bill package are urging Michiganders to take action by contacting state representatives.

In a press release sent out on Sept. 7, the Right to Life of Michigan called on the general public to reach out to state legislatures of any political affiliation to vote against the Reproductive Health Act.

Barbara Listing, the president of Right to Life of Michigan, called out Governor Whitmer for her support of the bill proposals.

"Governor Whitmer is wildly out of step with Michiganders as



CM Life Photo Illustration | Nico Mendoza | Visuals Editor

she works to push through the most extreme anti-life agenda this state has ever seen," Listing said. "The Governor is using Proposal 3 as a Trojan horse to remove common-sense provisions meant to protect women and children ... as well as basic parental rights."

However, Thomas Greitens, public administration faculty member at Central Michigan University, said politically the abortion issue is a win for Democrats.

"The pro-life versus pro-choice issue, along with abortion services, quality of life, and women's rights, will draw a lot of Democrats to the polls," he said.

A poll from Emma White Research showed that roughly 46% of voters in Michigan strongly support the Reproductive Health Act, while 31% strongly opposed it.

Abortions as a healthcare

Mel Bailey, a nurse and midwife, has worked in reproductive, maternal and child health care for over 20 years. She said she has seen first hand how the pre-existing restrictions affect those seeking reproductive healthcare.

"I definitely assisted, counseled and accompanied women through this process," Bailey said. "And again have sometimes had to help with funds for them to be able to travel out of town, have a hotel to stay, find child care and compen-

sate for the time that they would have to take off of work."

Bailey said she is glad to see lawmakers supporting the bill package to help ensure reproductive health care to Michiganders when they need it.

"As a healthcare provider, it is really important to be able to provide individuals with life-saving procedures," she said. "Those that are most affected are generally the ones that lack resources to be able to access the care that they need."

Reproductive health advocacy groups also voiced support of the Michigan Legislature for introducing the act.

Loren Khogali, the executive director of the ACLU of Michigan, urged lawmakers in a press release, to pass the act to ensure abortion access to those facing systemic barriers to health care.

"Although abortion is legal in Michigan, it is not accessible to many people who already face systemic barriers to health care," Khogali said. "We must fulfill the promise of Proposal 3, which guarantees the constitutional right to abortion and all decisions related to reproductive health."

"Abortion is health care, and the voters want this right protected."

'Critical for personal autonomy and choice'

Greitens said that this Repro-

ductive Health Act is meant to make abortion services easier to get by getting rid of things like waiting times and standards for surgical facilities.

A new study by the Guttmacher Institute reveals that legal abortions rose in most states during the first six months of this year compared to 2020.

According to the study, Michigan saw an increase of roughly 2,560 abortions so far this year.

The New York Times article attributes this rise in abortions to the thousands of women that have crossed state borders to obtain abortions where they are legal.

"Since so many doctors in the South have left those states, getting an abortion has become practically impossible," Greitens said. "However, if more people from outside the state move to Michigan, the number of abortions there will rise."

First-year student Gabriela Andrzejewska said that even Michigan currently suffers from inadequate access to both birth control and safe abortion services. However, Andrzejewska said, the Reproductive Health Act aligns with public health goals of providing equitable, accessible, and safe healthcare for everyone.

"The Reproductive Health Act promises a healthier, more just future for Michigan by ensuring every resident can access the reproductive healthcare they deserve," Andrzejewska said.

Nabila Jahangir, a health sciences student at Central Michigan University, said that the proposed Reproductive Health Act would empower people of all reproductive ages to make their own healthcare decisions.

Specifically the act would help vulnerable minority groups obtain access to contraception and overcome stigma surrounding reproductive health, Jahangir said.

"The ability to access birth control at any age is critical for personal autonomy and choice," she said.



By Ally Meske
Staff Reporter

The Red Zone: What do I need to know

From rigorous college classes to learning time management and joining extracurriculars, the first few weeks of college can be the most stressful, even without the startling idea that sexual assault could happen on Central Michigan University's campus.

According to President Bob Davies' guest column, "more than 50% of college sexual assaults occur during the first few weeks of the fall semester."

Davies wrote that even though this can affect every student of any age or gender, first-year female students are the most vulnerable and at risk.

What do students know?

When asking students around campus what they know about the "Red Zone," the majority of them were unaware what this was, but were aware of the idea of sexual assault on a college campus.

Alyssa Bur, a freshman studying communication sciences and disorders, said she found it alarming that she didn't know what it was.

"I definitely have talked about sexual assault, but not the Red Zone," an anonymous student said. "It makes me feel shocked and angry because if it's not talked about and that truly happens then it should be talked about, in my opinion."

Despite not knowing what the "Red Zone" is, many students recalled the "No Zebras, No Excuses" production that is shown to incoming freshman and transfer students before classes start.

The program serves to educate students by using exam-



CM Life photo illustration | Nico Mendoza and Trent Reinke | Visuals editor and staff photographer

ples of real-world situations like sexual assault, partner violence and harassment and stalking in short vignettes, according to its website.

"I did 'No Zebras, No Excuses' when I was a transfer student and the marching band had us take time out of camp to go see it and then also took the time to talk about it after," said Gabby Collick, a senior studying elementary education. "It's honestly really cool to see the effort CMU has towards (sexual assault education) because, as a transfer student, I have never seen that on the other college campus I was on."

Students who have gone through training for resident assistant positions have been instructed to let residents know that sexual assault is

more prevalent on a college campus and tell them to stay together, travel in groups and use the buddy system these first couple of weeks, said Arthur Pennington, a resident assistant at CMU.

What can students do?

Megan Varner, director of sexual aggression services, said there is a lot of power behind the "Red Zone." The most important thing to know is that anything students can do, no matter how small, can make a difference, she said.

"If students can understand and operate as a one CMU moment and have this idea that 'I'm not going have this happen to anyone whether it's my roommate, or someone I know personally, or if it's someone down the hall or at a party, or at a friends

house or even if I don't know them, this isn't something we tolerate here," Varner said.

"Understanding the impact it can have on a person and kind of taking a stand in any way, they can to make it clear that it's not an acceptable thing; I think that's the point of the 'Red Zone.'"

Mary Martinez, executive director of the office of civil rights and institutional equity (OCRIE), agreed that it is crucially important to be a "good bystander" by speaking up if you see something. That is because the "Red Zone" is a really compact period, she said.

What resources are available?

Students are highly encouraged to reach out to get the help or support they need,

whether they are a survivor or a supporter.

"We listen, we believe you and we will support you," Davies said in his guest column.

Martinez highlighted two programs that CMU supports: the "No Zebras, No Excuses" program and OCRIE's online training that is distributed to all students and graduate students to remind them about bystander intervention and also how to report concerns.

Varner's office also houses Sexual Assault Peer Advocates (SAPA), a program, she said, that is essential for students to have this confidential source or a listening ear to help weigh their options or get support.

"We really try to meet folks where they are at and have a well-rounded circle of support," Varner said. "Everything is confidential, which can be empowering for people (and) give them a sense of control with the decisions that they want to make, and we stand behind the decisions that they want to make."

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Central Michigan Life serves the CMU and Mount Pleasant communities, and is under the jurisdiction of the independent Student Media Board of Directors. Regan Foster serves as Director of Student Media at CMU and is the adviser to the newspaper. Articles and opinions do not necessarily reflect the position or opinions of Central Michigan University. Central Michigan Life is a member of the Associated Press, the Michigan Press Association, the Michigan Collegiate Press Association, the Associated Collegiate Press, College Newspaper Business & Advertising Managers Association, the Mount Pleasant Area Chamber of Commerce, Central Michigan Home Builders Association, Mount Pleasant Housing Association and the Mount Pleasant Downtown Business Association. The newspaper's online provider is SN Works.

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Central Michigan Life's editorial and business offices are located at 436 Moore Hall, Central Michigan University, Mount Pleasant, MI 48859, telephone (989) 774-3493 or 774-LIFE.

Further resources

To get support, contact the following resources or a resource that will best support you.

SAPA:
989-774-2255

CMU Counseling Center:
989-774-3381

OCRIE:
989-774-3253

| OPINION: GUEST COLUMN

Confronting sexual aggression in college

We must protect each other during the 'Red Zone'

Content Warning: Includes mention of sexual assault, trauma and sexual aggression.

We talk a lot at Central Michigan University about our Fired-Up attitude and how we lift each other up. Enthusiasm and trust play a big part in our campus culture. Throughout new student orientation, IMPACT and Leadership Safari, there are many discussions about watching out for and taking care of one another.

These first few weeks of class are a critical time to put those ideals into practice.

Nationally, more than 50% of college sexual assaults occur during the first few weeks of the fall semester. As a result, this timeframe has earned the appropriately alarming name "The Red Zone." And, although every student, regardless of age or gender, is at risk, first-year female students are the most vulnerable.

It is not easy to talk about sexual aggression, but we are a community that confronts difficult issues head-on, and we discuss and address the challenges



Dr. Bob Davies

—
Central Michigan University
President

that impact us.

It is why we build discussion of sexual aggression into many of our events for new students at the start of the semester. Our "No Zebras, No Excuses" training reinforces the roles students can play in intervening in and preventing sexual assault. It helps you understand what sexual aggression is, exposes you to the many forms it can take and shows you how to get involved using something called bystander intervention.

If you see someone in a vulnerable position — or becoming the target of sexual aggression or violence — take action. That can mean

everything from taking a friend home who has had too much to drink, to getting law enforcement involved when someone is being aggressive.

Bystander intervention is an important way to reduce the rate of sexual aggression during the weeks of "Red Zone." It is a way we can each demonstrate that, at CMU, we truly do look out for each other. Look out for your friends, and for anyone who might need help.

If you or someone you know is a survivor of sexual aggression, please know that help is available. We will listen, we believe you and we will support you.

There are confidential resources, such as the Counseling Center, with a full-time counselor dedicated to supporting survivors, and Student Health Services, that can provide support without the requirement of reporting the incident. Other resources, such as the CMU Police and the Office of Civil Rights and Institutional Equity, do have an obligation to report.

Students also play a vital role in supporting survivors. Sexual Aggression Peer Advocates (SAPA) was one of the first programs

in the nation to use student volunteers to support survivors of sexual violence.

25 years later, SAPA continues to provide confidential, survivor-centered and trauma-informed service to our university community. Trained SAPA advocates listen and can talk with you about your situation, your safety and your options. They can also connect survivors with the appropriate campus and local resources. SAPA's 24/7 crisis line is 989-774-2255, or you can text SAPA at 989-621-3359.

We all play a role in keeping our campus and community safe and welcoming. It is up to us to do all we can to prevent sexual aggression during the "Red Zone," by choosing to take action when we see harmful behavior and knowing where to find help for our friends and neighbors.

When we stand up for each other to prevent the trauma of sexual assault, we become a safer and better community to learn and live in.

Dr. Bob Davies is the Central Michigan University president and has been for five years.

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| OPINION: EDITORIAL

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Student media is professional journalism

On the fourth floor of Moore Hall, magic happens. We hurry to deliver the news to you. Then, across Central Michigan University and Mount Pleasant, you pick up the paper; you scroll on our socials and see our headlines, our photos, our designs - the results of magic and work.

CM Life has served CMU's campus since 1919, and throughout that time, we've been the voice of students, faculty and staff.

CM Life's business and advertising program was named the College Media Company of the Year annually from 2014 to 2020 by the College Media Business & Advertising Managers. The newsroom

has been recognized with an Associated Collegiate Press Pacemaker 100 recognition -- naming us one of the top 100 student media outlets in the nation -- and has been named the Michigan Press Association College Newspaper of the Year.

Starting last year and continuing today, we are making a commitment that wasn't previously made at a strong level: We are bringing diversity and inclusion to our staff and our stories. We are not inhibited by challenges, and we do not stop when a story requires us to dig deeper and investigate.

Last year we highlighted

the influx of international students at CMU and made sure their voices were heard when it came to a health insurance mandate. We celebrated our student heritage on campus and featured student experiences. In our coverage, we have also served the Mount Pleasant community.

And we have just started. We are here to give a voice to those who aren't heard. We are here to inform you and bring you truthful and trustworthy news, so you can make decisions in your everyday life. We are

here to guard the freedom of speech, and we are here to fight for democracy.

Last year, CM Life's staff received appreciation and positive feedback from faculty, students and staff, as well as a diversity award from CMU. You told us how much impact CM Life had on your life. You told us how much power we have on this campus to spark change.

Last year was a change from CM Life's past. This year, we were able to rebuild our foundation and trust in areas that were hesitant to be rebuilt.

Last year, some sources were afraid to trust CM Life with their quotes. Today, we receive feedback that we are balanced and fair -- a renewed CM Life.

Our staff play a big role in that growth. We come into a newsroom where passion boils and brilliant minds work together in the name of something they believe in, and something they love.

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Student media is often overlooked and underappreciated, from sources being hesitant to talk to students, to readers not picking up our editions.

The University of North Carolina's Hussman

School of Journalism and Media conducts research into the growing problem of news deserts -- places with one or fewer sources of reliable information. Here in Isabella County, student media is not taken into account.

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Balancing **burnout**: Taking control by letting go

By Lauren Rice
News Editor

Working, learning and socializing on a college campus presents a lot of expectations, and can also lead to burnout if not balanced correctly.

When it comes to identifying and treating burnout, there are experts like Erica Heller, a lead care advocate, and organizations that can be helpful.

“We so genuinely care that students have a good experience,” she said. “It’s super cool when I can support a student in this unique time of life.”

What is burnout?

Burnout doesn’t always look like burnout. Melissa Hutchinson, the executive director of Central Michigan University’s counseling center, said that burnout presents as a variety of physical and emotional problems:

- Trouble sleeping
- Feelings of apathy
- Loss of appetite
- Thinking nothing will change or improve
- Lack of engagement

“Burnout kind of creeps up on people,” Hutchinson said. “People are pretty adaptive ... we don’t see it as a problem, we see it as a temporary bump in the road.”

This isn’t just for students, she said this happens to professionals in all fields.

“Take a pause, step back from your world to figure out what is going to help you,” Hutchinson said.

But saying ‘no’ isn’t always realistic or easy.

Abby McGuire is a professor who teaches in the Master of Science in Administration (MSA) program.

McGuire recommended “not saying yes to everything, but trying to strategically say yes.” She added that it helps to ask, “Is the cost of that ‘yes’ worth it to me?”

McGuire explained that professors are in a unique position compared to the students in their classes.

“When you’re a student in a class you’re balancing the expectations of multiple classes,” McGuire said. “When you’re a professor you have to be in front of students, beside them and behind them all at the same time.”

“Faculty on this campus really care about students,” she said, which can create a sense of urgency and a pressure to be available for students at the cost of their own time.



CMLife Photo Illustration by Nico Mendoza | Visuals Editor

Burnout can present bigger consequences if it’s not addressed, Hutchinson added.

Moving forward with balance

What does that balance look like?

It depends on the person, but according to Hutchinson, there are a few universal activities people can engage in for self-care.

- Getting enough sleep
- Eating nutritious food, with the occasional indulgence
- Regular exercise of choosing

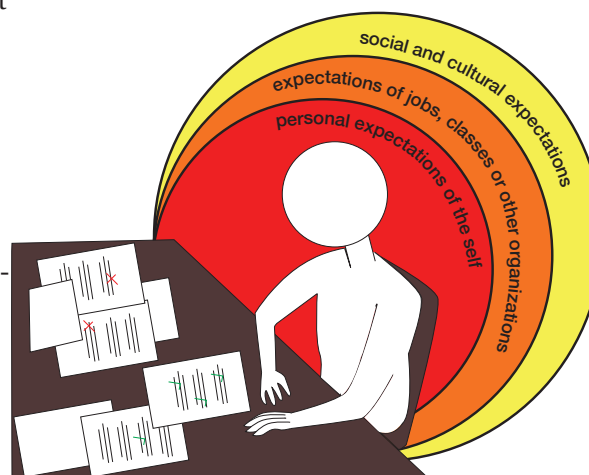
Hutchinson’s preferred type of exercise is hiking, which also gives her a chance to practice photography. This summer, she spent 8.5 hours hiking part of the Appalachian Trail in New Hampshire.

“There’s nothing more hope-building than when you do hard things and get through them,” she said.

McGuire said she makes a hobby of running for exercise. She and her husband also raise cattle and make their own maple syrup when it is in season.

Hutchinson emphasized setting both short-term and long term goals for different reasons. Achieving short-term goals, she said, creates a sense of accomplishment. Long-term goals provide a sense of purpose.

Illustration by Caroline Sharbaugh |
Presentation Editor
Data courtesy of Prof. Abby McGuire



Leadership and responsibility

It is also possible to see symptoms of burnout in friends and loved ones, but Hutchinson advised sensitivity.

“The first thing that you do is don’t make the assumption that it’s burnout,” she said. Instead what you can do is approach them with your observations and ask how you can be helpful.

“We can’t be responsible for others, we can only be responsible to them,” Hutchinson said.

McGuire described part of her research into expectations and burnout. She said there are widening circles of expectations around any one person.

Part of her research puts the focus on the individual, but McGuire said it’s also

important for people in leadership to play a role.

“(We have to) model taking care of ourselves and taking care of our people,” she said.

In Dec. 2022, the counseling center informed *Central Michigan Life* of three new additions to their staff to match student demand. But Hutchinson said they’re no longer at full staff.

“We had someone leave for a different opportunity... and I wasn’t allowed to fill the position,” she said. “It’s really frustrating when I’m not in charge of the funds.”

Losing a counselor simply reduces the number of appointments available to students, Hutchinson said.

“The folks that are here work really really hard ... I’m tired of being blamed for circumstances out of our control,” she said.

Resources

The counseling center isn’t the only resource on campus for students who are dealing with burnout. Heller said the CMU Cares program is dedicated to students’ health, safety and wellbeing.

Their main method of making that happen, she said, is by responding to care reports and offering meetings to students who may be having a hard time.

“Students have so much to do and you came to college for this degree, but CMU cares that you’re well-rounded in other ways,” Heller said.

The CMU Cares team is working to promote a “Take Care” initiative, a program to promote wellbeing. She said it’s planned to launch with a kick-off party from 1-3 p.m. Sept. 20 in front of Bovee University Center.

“We want people to take care of their minds, bodies, just overall wellness,” Heller said.

If you’re having trouble, or are just interested in having someone to talk to, these are the campus resources available:

- Counseling Center
- CMU Cares
- Listening Ear Crisis Center
- Student Health Services
- Center for Community Counseling and Development

After ten years working as a care advocate at CMU, Heller said she still has that skip in her step when she comes to work every day.

“Working with you all and the age range you’re in, I feel so honored to be part of your experience,” Heller said.

Pep Rally/Kickin it with the VPSA



Ella Miller | Staff Photographer

Dr. Renee Watson leads a conga line during the CMU Pep Rally/Kickin' it with the VPSA Friday, Sept. 8 outside Kulhavi Events Center Plaza. Students received shoe laces saying "I belong at CMU" for participating.



Ella Miller | Staff Photographer

Freshman Mary Germilhac dances during the CMU Pep Rally/Kickin' it with the VPSA Friday, Sept. 8 outside Kulhavi Events Center Plaza. Many attendees participated in dancing at the event.



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SPORTS



Ella Miller | Staff photographer

CMU redshirt junior placekicker Tristan Mattson kicks off to New Hampshire during the CMU vs. New Hampshire game, Saturday, Sept. 9, in Kelly/Shorts Stadium.

CMU kicker secures win in first collegiate field goal attempt

By Kaia Zimmerman
Assistant sports editor

With four seconds on the clock and the game tied at 42, kicker Tristan Mattson stepped up to the Wildcats' 29-yard line, seemingly unphased, to attempt a 47-yard game winning field goal in Central Michigan football's home opener against New Hampshire.

Following a timeout from New Hampshire to try and ice him, Mattson nailed the game winner to give the Chippewas the win.

This wasn't any normal kick for Mattson. Along with it being a game winner, it also was his first collegiate field goal in a game.

However, the big moment felt like just another kick to Mattson. After the game he said, "same kick... done it before, do it a million more times."

In fact, instead of the New Hampshire timeout phasing Mattson, he said he "loved the timeout" that was called because it gave him more time to prepare.

"You got to expect them to call a timeout, but you also got to be ready," Mattson said. "I think the big thing is just going out there and doing your job and just performing like the way we have been in practice."

Mattson is a redshirt junior who transferred from Arkansas State. During his time with the Red Wolves, Mattson focused primarily on kickoffs instead of field goals. In his third year, he recorded

59 kickoffs for 3,659 yards.

Hailing from Clarkston, Mattson returned closer to home as he transferred to CMU this year. Taking on a new role, he has found himself doing kickoffs, PATs and field goals.

Along with the game winning kick, Mattson was successful throughout the matchup against New Hampshire, going 6-for-6 in PATs while kicking seven kickoffs for 470 yards with six of them being touchbacks.

Head coach Jim McElwain said Mattson's kickoffs were also a huge part of the Chippewas' success as it helped win the field position battle.

"As good as that final kick was, actually the best kick he made all day was when we got the penalty there and had to kick-

off from the 20," McElwain said. "And he put it all the way through the endzone. And, you know, that's a huge field position win for us, so in a lot of ways he did more than just win the game."

His consistent performance in PATs and kickoffs led to his teammates having confidence in him as he stepped up for the big moment.

"As soon as they called the field goal unit up ... I knew who could do his job, and he went out there and executed, that's all it is," quarterback Bert Emanuel Jr. said.

Mattson looks to continue his performance as the Chippewas travel to South Bend to face off against their toughest competition yet in No. 9 Notre Dame on Saturday at 2:30 p.m.

Bert Emanuel Jr.'s big day leads to MAC West Offensive Player of the Week honors

By Hunter Gudyka
Staff Reporter

Looking like he was dropping back to pass, Central Michigan quarterback Bert Emanuel Jr. broke free up the middle on a quarterback draw, blowing past the entire New Hampshire defense as he scored a 66-yard touchdown on the Chippewas' opening drive on Saturday.

That wasn't the only scoring Emanuel Jr. did as the redshirt freshman accounted for four out of the five offensive touchdowns the Chippewas had on the day.

Two of those touchdowns came on throws of 30+ yards, in which many people have questioned the young quarterback's ability to make throws down the field especially after a less than ideal start to the season at Michigan State the week prior.

"I feel like this was a big growing game



Marie Underwood | Staff photographer

Redshirt-freshman quarterback Bert Emanuel Jr. rushes the ball during a game on Friday, September 1 at Spartan Stadium in Lansing, Michigan.

for me, especially since it's a lot more throws, last year was a lot of runs this year... I'm throwing, I'm running and I'm doing a lot of different things. And I feel like it's showing that I'm growing up a little bit," Emanuel Jr. said.

Against MSU he completed 11 of his 17 attempts for 87-yards while adding a touchdown and interception each. In his performance against New Hampshire, he completed only 37 percent of his passes but had 193 yards and two touchdowns through the air while adding a pair of interceptions.

But that was not the only offense Emanuel Jr. contributed, as he rushed for 137 yards on 21 carries (average of 4.8 yards per carry) while scoring twice on the ground.

A key play in the game was on the final drive when Emanuel Jr. got the carry where it appeared he was down, but it was never called.

Emanuel Jr.'s fight for more yards gave CMU a fourth and one where it would go for the next play.

"I didn't think I was down, and I really didn't hear a whistle," Emanuel Jr. said. "Coach Pete preaches every day at prac-

tice, you better finish, you got to finish. He's been preaching that since day one when I stepped foot on campus last year to finish, finish, finish. So that's what I was thinking, I'm not down."

The next play CMU would attempt to go for it on fourth down and a yard, as Emanuel Jr.'s name was called again with a QB sneak up the middle which allowed the team to continue the drive, setting up the eventual game winning field goal.

"... At that point I was like, do you want it? I was like, come on now, I got y'all, we practiced this we're gonna execute it right here," Emanuel Jr. said in the huddle before the big fourth down conversion.

Emanuel Jr.'s performance was good enough to earn him Mid-American Conference West Offensive Player of the week for the second time in his young career, with the first time being in last season's win over Buffalo.

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Feature Photo

Ella Miller | Staff Photographer
Frida Ferrusquia (left) and Niko Araujo-Pedroza perform ballet folklorico during the CMU Pep Rally/Kickin' it with the VPSSA Friday, Sept. 8 outside Kulhavi Events Center Plaza.



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Kick Off Hispanic Heritage Month

**By Eden Phillips
Staff Reporter**

Hispanic Heritage Month kicks off events Friday, Sept. 15, at 5 p.m. in Bovee University Center Auditorium 302 with Empowering Latine First Generation College Voices.

National Hispanic Heritage Month takes place from Sept. 15 to Oct. 15. Originally started in 1968 as a week, Hispanic Heritage Month now is celebrated to recognize contributions and diversity of Latinx community, according to the United

States Department of Education website.

The event is run by Central Bridge and Multicultural Academic Student Services (MASS).

Alejandro Gadilla, the assistant director of Latinx/Hispanic American Student Engagement said the keynote speaker for the event is Cynthia Martinez, a Western Michigan University graduate who now produces a documentary to tell her story.

Valentina Memjie is a president of Central Bridge organization, whose work

focuses on students who will be first-generation college students from marginalized groups.

"I'm excited to see representation for first-gen students on campus and having some bigger figures represent us," Memjie said.

Some other Hispanic Heritage Month events coming up are Welcome Back Carne Asada, Juguetes y Dulces: A Journey into Mexican Traditions and More Than Just One Voice.

To learn more, visit the MASS office Facebook page.

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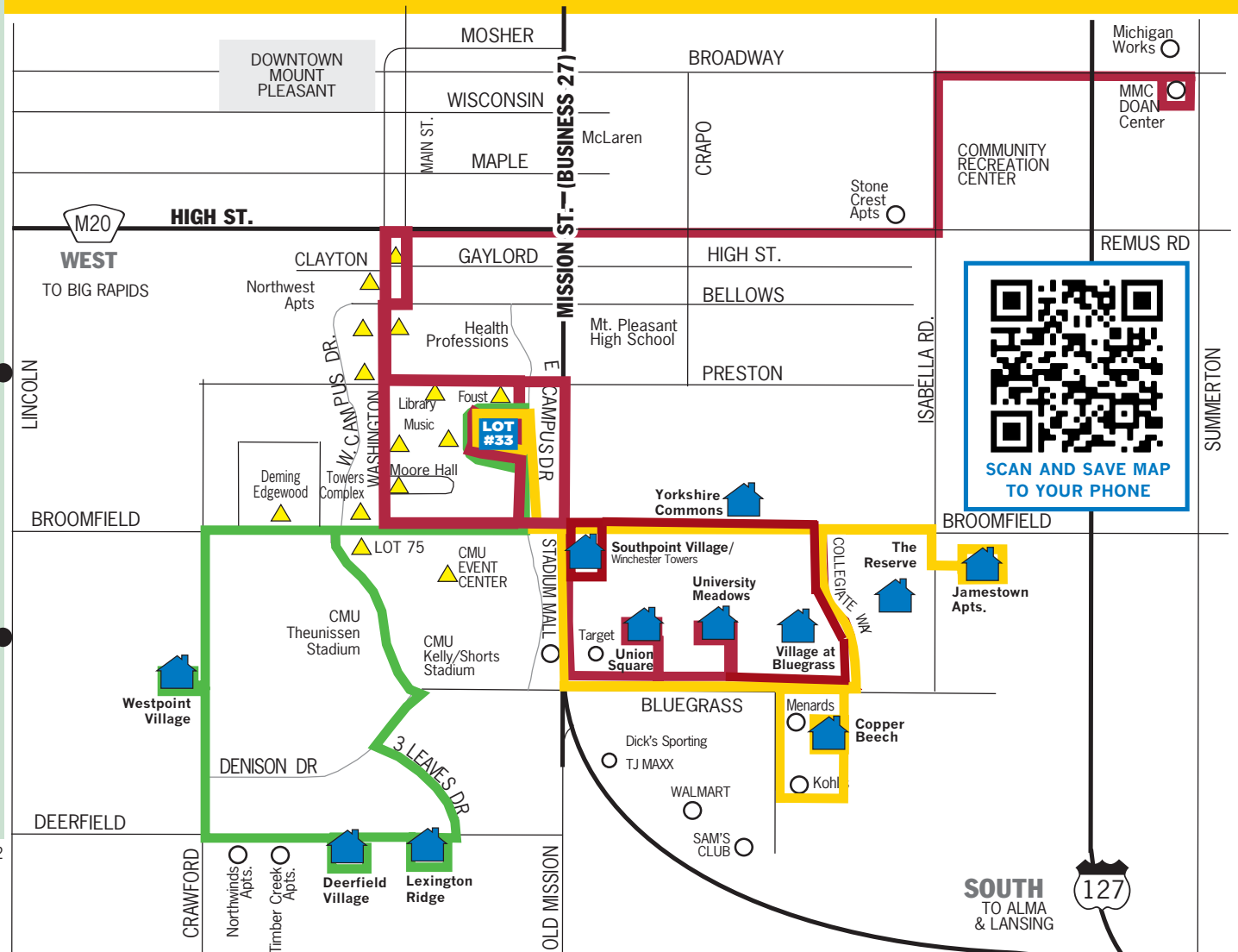
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